



DEPARTMENT OF THE ARMY

B Co. 169th ENGINEER BATTALION
UNITED STATES ARMY ENGINEER SCHOOL
FORT LEONARD WOOD, MISSOURI 65473-6400

REPLY TO
ATTENTION OF

ATSE-BAB

10 January 2011

MEMORANDUM FOR Prospective Engineer Diver Applicants

SUBJECT: Becoming an Army Engineer Diver, 12D

1. The Army Diving Community is currently seeking qualified Specialists (E-4) and below for entry into its field. Our indications are that you are qualified for, or have shown an interest in reclassifying into the MOS 12D.
2. Our Dive Program offers:
 - a. Overseas and CONUS assignments
 - b. Monetary incentives (Dive pay, BEAR Program, and SRB)
 - c. Basic and Advanced training in underwater construction, repair, reconnaissance, demolition, salvage and hyperbaric treatment.
 - d. The opportunity to work with highly motivated and dedicated individuals, and in units with extremely high levels of esprit de corps.
3. Prospective applicants must: **(Information is taken directly out of e-pub AR 611-75 para. 2-2, Selection Criteria)**
 - a. Formally apply for reclassification or reenlistment for MOS 12D by completing a DA Form 4187 (Personnel Action) and DA Form 5030-R (Engineer Diver Training Application) or Reenlistment Contract / BEAR Program Application and DA Form 5030-R
 - b. Be in the rank of PVT, PFC, or SPC/CPL. SPC and CPL must be in a NON-PROMOTABLE status when reporting for initial MOS 12D training and duty.
 - c. Have, or agree to, 24 months of time remaining in service after completion of diver training and upon arrival at his/her duty station (enlisted personnel only). For officers, see AR 3500-100 for service obligation.
 - d. Not be on a current term of enlistment in which an enlistment bonus (EB) or selective reenlistment bonus (SRB) has been received. A Memorandum of Understanding (MOU) must be submitted with the application packet stating that you are aware that bonus will be prorated and you will be responsible to pay the unearned portion back to the government.
 - e. Have attained a minimum score of 107 in aptitude area General Technical (GT) or a minimum score of 106 in aptitude area Skilled Technical (ST) and attained a minimum score of 98 in aptitude area General Mechanical (GM).
 - f. Have attained a minimum score of 240 or higher on the Army Physical Fitness Test (IAW FM 21-20). Likewise, receiving no less than 80 points in each event.
 - g. Have successfully completed the swimming test outlined in Part IV of DA Form 5030-R (Engineer Diver Training Application).
 - h. Have no conviction of illegal substance abuse.
 - i. Have undergone a Diving Medical Examination as prescribed in AR 40-501 within 9 months of attending Phase I.
 - j. Have a physical profile of 111111 (PULHES) and meet the height and weight standards prescribed in AR 600-9.

k. Understand that he/she must successfully complete a 3 week Diver Phase I course conducted at Ft. Leonard Wood, Missouri prior to attending Phase 2 at the Naval Diving and Salvage Training Center at Panama City, Florida.

(Note: REF AR 600-200 para. 2-31, a. (4) says; see b(1), b(1) says; "First term soldiers may be reclassified as an exception as follows": now see b(3) says; "Soldiers requesting reclassification into MOS 12D, 00R, 55D, 95B, 98G, or CMF 18 may request reclassification at anytime regardless of the status of their PMOS)."

4. Enclosed is an easy to follow process to ensure your packet gets the attention it deserves.

5. POC for any questions or concerns is the Phase 1 Course Manager DSN 581-2679 or commercial (573) 596-0131 ext. 6-2679.

6. Good luck and HOO YA! DEEP SEA!

8 Encl.

1. Dive Candidate Worksheet
2. Requests for Waiver Info
3. Engineer Diver Phase I Course Info
4. Engineer Diver Phase II Course Info
5. Introduction to MOS 12D
6. Medical Screening Requirements
7. Medical Screening Form
8. DA Form 5030 Diver Application

Encl. 1 DIVE CANDIDATE WORKSHEET

1. Call your local medical facility and make an appointment for a physical. **(Provide them w/ encl. 6 and 7 from this packet)**. Tell them you need a “Dive Physical” for your application to become an Engineer Diver. As a reference they can use AR 40-501 to ensure the medical standards are met. Ensure all blood work requested on encl. 6 and 7 is complete and annotated on SF 88 (Report of Medical Examination).
2. Be advised the Navy changes its standards occasionally and they may have requirements that are not covered in AR 40-501. The Navy currently requires all candidates to have a **sickle cell test, CBC w/Differential, and G6PD** test done and recorded on SF 88 in order to have Physical Status approved.
3. After you receive your completed SF 88, Report of Medical Examination (original), and SF 93, Report of Medical History (original) we suggest you make several copies of them. You must send the original forms with the entire packet once completed, to be reviewed and approved for the physical status for diver training by our office and medical department. ***(Ensure that your packet goes thru your base strength manager/reclass authority and receives a cover letter of approval before mailing to us)***.
4. While waiting for your physical, begin gathering the rest of the paperwork for your application.
5. Complete a Personnel Action, DA Form 4187, indicating that you want to reclassify ***(if greater than one year left in service)*** as an Engineer Diver, MOS 12D.
6. If less than one year left in service before ETS you must reenlist for MOS 12D. ***NOTE: FOR THOSE OF YOU IN A CRITICAL SHORTAGE MOS THIS IS YOUR ONLY WAY OUT OF YOUR MOS. (Do not re-up; option 1 (reg. Army) if you are in a critical MOS. This will lock you back into your old MOS. You must only re-up under the BEAR Program or option 3 (retraining) for MOS 12D.*** To qualify for this you must be a 1st termmer and meet all other prerequisites outlined for entry into 12D, Engineer Diver MOS (ref. DA 5030-R, Part III and IV).
7. Complete the Engineer Diver Training Application, DA Form 5030-R to include executing all physical requirements indicated.
8. Provide **legible** copies of your ERB.
9. Make a copy of your most recent APFT Score card, DA Form 705; within 6 months.
10. Complete and provide a BEAR application showing request for 12D training ***(if applicable)*** or a DA Form 4187.

11. Once your physical and all other forms are complete (***note: see enclosure 1 para. 3***), make a copy of the entire packet for yourself and fax or e-mail to the following:
(PLEASE INCLUDE YOUR WORK AND HOME PHONE # OR E-MAIL ADDRESS SO WE CAN CONTACT YOU IF WE NEED MORE INFORMATION OR CORRECTIONS MADE TO YOUR PACKET)

169th EN BN Diver Phase 1

FAX#: 1-573-433-6326 **Attention:** Commander, B Co

[mailto: leon.169thdiversph1@conus.army.mil](mailto:leon.169thdiversph1@conus.army.mil)

12. While waiting for approval of your packet, begin increasing the intensity of your physical fitness level. It is imperative that you report to the Diver Phase 1 Course in **“THE BEST PHYSICAL CONDITION OF YOUR LIFE”**.
13. Refer to the “Welcome Packet” located on the Home Page for tips and advice for training.

Encl. 2 REQUEST FOR WAIVERS

The following guidelines outline requests for waivers if prospective candidates cannot meet certain criteria or prerequisites. The waivers outlined are in Part III of the DA Form 5030-R or if medical examination results do not meet the specifications of AR 40-501, para. 5.11. Enclosure 2a is the format for waivers request and Enclosure 2b is the format for the Memorandum of Understanding (MOU). Waiver requests and MOUs must be remitted with the original completed application. Copies may be faxed with supporting documentation to the Army Liaison Office at NDSTC for prior approval.

1. **AGE (DA Form 5030-R, part III, item 9.b):** Waivers are considered for soldiers 30 years of age or greater. Use format Encl. 2a as guideline for requests.
2. **RANK / TIME IN GRADE (TIG) (DA Form 5030-R, part III, item 9.c):**
 - a. **E-4(P), E-5 and Above:**

If you are an E-4(P), you must drop your promotable status before becoming eligible to apply for entry into the MOS 12D. This would require a Memorandum of Understanding (MOU) to that effect and confirmation from your branch of your dropped status. No waivers will be granted for allowing soldiers in the rank of E-5 or above to apply/enter the MOS 12D.
 - b. **E-4 More Than One Year Time-In-Grade:** Waivers are considered for E-4 with more than one year time-in-grade. Use format Encl. 2a as guideline for request.
3. **CURRENTLY RECEIVING BONUS (DA Form 5030-R, part III, item 9.e):** If Soldier is receiving an Enlistment Bonus (EB) or Selective Reenlistment Bonus (SRB) for current term of enlistment a Memorandum of Understanding (MOU) must be completed.
4. **MEDICAL ISSUES:** Any medical or dental related issue that cannot be met in accordance with AR 40-501 requires a waiver request with justification and supporting documentation (***complete medical evaluation results in area of deficiency***). These supporting documents must be remitted with the original completed packet.
5. **OTHER ISSUES:** Waivers for any other type of issue must be requested in the standard memo format, and sent to our office (ALO) along with your completed packet. Requests must clearly state what you need the waiver for justification for approval and must be ***signed by the applicant***. Endorsement letters are not required. After review at our office, the request will be forwarded to Enlisted Personnel Proponency Office (EPPO) for consideration. Once approval has been issued, the packet will be forwarded to PERSCOM for disposition.

NOTE: We need Soldiers for this MOS. Our manning levels in skill level one are extremely low. However, due to the environment and risks that this job places Soldiers in, coupled with the expense of training, we must recruit only qualified and able personnel.

NOTE to Commanders and Senior NCOs: Before you write a letter of endorsement for a Soldier, please ensure that you thoroughly understand the entry prerequisites (as listed in Section III of DA Form 5030-R) and the recruitment process (by either Re-class or Re-up) into MOS 12D. Please do not hesitate to contact our office (see POCs on page 1).

Encl. 3 - ENGINEER DIVER PHASE I COURSE

1. The Engineer Diver Phase 1 Course administered at Ft. Leonard Wood, MO is designed to assess a candidate's physical and mental ability to become a diver. This course provides information and instruction on the critical skills and the physical and mental fitness abilities that are necessary to fulfill the requirements in Phase II of the Engineer Diver training. Training during the course includes:
 - a. Memorize large quantities of information with daily quizzes to determine candidate's comprehension of the material and successfully pass a final written exam over all subjects covered. **(Candidates are taught from the entry level and it is understood that they probably have never seen this type of material before).**
 - b. Subjects of instruction:

- Underwater Physics	- Underwater Physiology
- Diving Medicine	- Dive Charting
- Aquatic Adaptability	- Diver Communication (line-pulls)
- Drown Proofing	- Physical Fitness
 - c. Dive candidates must successfully complete a 1000-yard fin swim while on their backs and arms folded across their chest; using fins only for propulsion in 21 minutes or less.
 - d. Dive candidates must successfully ditch and don mask and snorkel from bottom of pool 14 ft. deep.
 - e. Score a minimum of 180 on the APFT with 60 points minimum in each event (as per AR 611-75, Management of Army Divers). **(Keep in mind these are the minimum standards and that it is highly recommended that Diver candidates are encouraged to achieve a score of 240 or above on the APFT with 80 points in each event).**
 - f. Pass the Navy Diver Physical Fitness Test, consisting of:
 - i. Swim 500 yards in 14 minutes or less, using the sidestroke or breaststroke. Candidates can use both strokes during the swim and are allowed to push off the sides when turning.
 - ii. 10 minute rest period.
 - iii. Perform 42 push-ups within 2 minutes. Arms shoulder width, feet together, back straight and no bending or arching the back during the event.
 - iv. 2 minute rest period.
 - v. Perform 50 sit-ups within 2 minutes. Arms folded across chest, feet together and held to the floor by a partner, butt 10 inches away from heels; curl upwards and touch elbows to thighs and back down.
 - vi. 2 minute rest period.
 - vii. Perform 6 pull-ups with palms facing out, no kicking or swinging allowed. Chin must clear the top of the bar on each repetition.

viii. 10 minute rest period.

ix. Run 1.5 miles in 12 minutes and 45 seconds or less wearing the Army PT uniform.

2. The APFT and the Navy Divers physical fitness test are the minimum entrance standards and candidates are expected to perform well above those standards while at the Phase 1 course.
3. The physical fitness training is very strenuous and is the primary reason candidates fail the course. During the Phase 1 course candidates are expected to perform the following tasks:
 - a. Run 3 to 5 miles at a :06::30 to :07::30 per mile pace.
 - b. Perform 6 to 8 pull-ups at any given time.
 - c. Swim 15 yards underwater at 15 seconds intervals for 10 repetitions.
 - d. Perform very intense PT with emphasis on push-ups, pull-ups, flutter kicks, leg spreaders and lots of abdominal exercises.
 - e. Tread water for extended periods of time, utilizing different techniques, to include regular treading, treading with hands and ears out of the water, treading with weights up to 16 pounds with the weight in and out of the water.
 - f. PT is conducted once a day, from approximately 0450 to 0630 and water adaptability training is conducted from 1400 to 1600 hrs.
 - g. Candidates are required to learn the academic material while performing this level of PT.
4. Diver candidates must have 201 File (if TDY enroute), a copy of DD-Form 93, ERB, orders bringing them to FT. Leonard Wood, and DD-Form 1610. This will facilitate in and out-processing of students from FT. Leonard Wood.
5. Students must have Dental records, Medical records, Chest X-Ray, and a completed Dive Physical with doctor's signature.
6. Uniform required for MOS-Trained students: Full set of Army Physical Fitness Uniform, Duty Uniform (ACU/BDU's). Students will be authorized civilian clothes during the evenings and weekends while in course.
7. Diver candidates must bring swimming gear; (males - swimming trunks with draw cord) (females – one piece bathing suit with swimming trunks w/draw cord).
8. Successful completion of the Engineer Divers Phase 1 Course is a requirement to attend 2nd class dive school.

“The capability of a diver’s equipment depends on the capability of the diver, and the capability of the diver depends on his/her physical condition”

Author unknown

Encl. 4 - ENGINEER DIVER PHASE II COURSE

1. Training for Diver Phase 2 Course includes twenty-six weeks of intense academic and physical training. Trainees are introduced to basic diving physics and diving medicine. As training progresses, they find themselves in “confidence training”, and a practical evaluation of SCUBA operations. Confidence training is the practice of ditch and don of SCUBA equipment with various problems imposed upon the students by instructors. Some examples of the types of problems imposed are loss of air, loss of equipment such as mask, regulator, and broken shoulder straps. In addition, trainees receive instruction on surfaced-supplied diving, and hyperbaric chamber operations. Students will also become familiar with underwater hydraulic tool operations and underwater cutting and welding procedures. They will become proficient in Underwater Ships Husbandry (USH) to include underwater photography, Mine/Countermine Operations, Demolitions, Hydrographic Surveys, and Reconnaissance.
2. Physical Conditioning: Physical training is conducted daily. Morning PT consists of a 50 minute period of calisthenics and running, with increasing difficulty imposed as the weeks progress. The students participate in runs of 2 to 4 miles, and timed bay swims of 1000 yards using fins while swimming on their back. The time limit for the bay swim is 21 minutes or less.
3. Drown proofing is introduced early in the course. It requires the student to:
 - a. Enter the water and utilize the survival float for 5 minutes. This is a facedown floating technique.
 - b. Enter the water using a front roll entry with ankles LOOSELY tied, and perform a modified survival float for 5 minutes.
 - c. Enter the water holding a line in both hands behind their back and perform a basic survival float for 5 minutes.
4. Academics: Candidates will be introduced and required to retain information on the following subjects. Students are also required to successfully pass all examination with a minimum score of 80%.
 - a. Physics: The students are instructed on gas theory and gas laws as they relate to diving. They are also instructed on proper charting of diving evolutions and other requirements related to diving operations.
 - b. Diving Medicine: This covers physiology and diving medicine. The student acquires the knowledge necessary to recognize respiratory problems, gas toxicity, hypothermia, barotraumas, pulmonary over inflation syndromes, decompression sickness and other diving maladies.
 - c. Diving Administration: The students are instructed on the Dive Reporting System, and Diving Administration. This includes Form 2544, and the command smooth log.

5. Tasks and Projects: Candidates are required to successfully complete tasks and projects related to diving. These tasks and projects are:
 - a. Hyperbaric Chamber Operation: In this phase of training the students learn to perform as hyperbaric operators. Students will become qualified as recompression chamber operators.
 - b. Open-Circuit SCUBA: This phase of training includes classroom instruction, pool training, open water dives, and qualification dives in a pressure vessel assembly. The students function as a topside dive team member, and as SCUBA divers in the water.
 - c. Surface Supplied Diving: The students perform underwater diving operations on various projects and crafts in this module of training. They utilize the SL- 37 diving apparatus. In addition, the students are taught the maintenance and repair of this equipment.
6. With the proven ability to overcome the rigorous mental and physical challenges, the end result is a qualified Second Class Diver who is an effective member of any dive team.

***The Ocean weeds out,
From all the Races of Mankind,
That come upon it to make a living,
A certain type of Person.
This type of Person stays
With the Ocean,
And the Rest are cast back ashore
To deal with the Land People.***

Dr. Wilbert Chapman

Encl.5 - INTRODUCTION TO MOS 12D

1. The Army is looking for highly motivated soldiers as volunteers to become Engineer Divers for the MOS 12D. This job is both physically and mentally demanding, but can be a very rewarding career for those who accept and meet the challenge. Listed below are just a few of the missions you will be challenged with if you become a 12D Engineer Diver.

A. Underwater missions include:

- (1) Underwater construction, rehabilitation, inspection and maintenance of port facilities.
- (2) Search and recovery of submerged equipment and personnel.
- (3) Supporting Joint Logistics Over-The-Shore Operations (JLOTS).
 - Installation and maintenance of offshore pipelines and mooring systems.
 - Hydrographic surveys (topographical image of the ocean floor)
 - Bathymetric surveys of shorelines to clear for beach landings.
- (4) Salvage of sunken boats and other obstructions to navigation.
- (5) Maintenance, repair, inspection and salvage of vessels.
- (6) Support the Corps of Engineers on dams, inland waterways and ocean coastal projects; Port facility repairs, removal and emplacement.
- (7) Support Engineer River crossing operations and River Reconnaissance.
- (8) Demolition, Mine / Counter-Mine Operations.
- (9) Assist other government agencies, which do not have diving assets to complete their missions.
- (10) Aid civilian contractors in marine research and underwater tools and equipment development that will be used for Military application in the future.

B. Army Diving Assignments:

- (1) Initial:
 - Fort Eustis, Virginia
 - Fort Shafter, Hawaii
- (2) Follow on:
 - Panama City, Florida
 - Fort Leonard Wood, Missouri

Encl. 6 - MEDICAL SCREENING REQUIREMENTS

ENSURE THAT THE DOCTOR DOING YOUR PHYSICAL GETS THIS INFORMATION!

Any disease or condition that causes chronic or recurrent disability shall be disqualifying at the discretion of the cognizant medical officer. Particular attention shall be directed to the following items:

- (1) **Weight** – The following weight standards apply:

Height in. (cm)	Max weight lbs. (kg)	Height in. (cm)	Max weight lbs. (kg)
64 (162.56)	164 (73.80)	72 (182.88)	205 (92.25)
65 (165.10)	169 (76.05)	73 (185.42)	211 (94.95)
66 (167.64)	174 (78.30)	74 (187.96)	218 (98.10)
67 (170.18)	179 (80.55)	75 (190.50)	224 (100.80)
68 (172.72)	184 (82.80)	76 (193.04)	230 (103.50)
69 (175.26)	189 (85.05)	77 (195.58)	236 (106.20)
70 (177.80)	194 (87.30)	78 (198.12)	242 (108.90)
71 (180.34)	199 (89.55)		

- (2) **Vision** – All divers shall correct to 20/20 (100 percent B.V.E.) and documented on SF 88. Combat swimmers shall have uncorrected vision no lower than 77 percent B.V.E; nor shall have uncorrected vision in either eye less than 20/70. All other divers shall have uncorrected vision no lower than 49 percent B.V.E.; nor shall have uncorrected vision in either eye less than 20/200.
- (3) **Color Vision** – Diving candidates must pass the Pseudo Isochromatic Plate (P.I.P) Test and have documented on SF 88. The Farnsworth Lantern Test is no longer required. **(note: Depending on results of test this may be waiverable).**
- (4) **Dental** – A dental officer shall conduct a complete dental exam. If a dental officer is not available, a medical officer shall conduct the exam. Acute infectious diseases of the soft tissue of the oral cavity are disqualifying until remedial treatment is completed. Advanced oral diseases and generally unserviceable teeth shall be cause for rejection. Applicants with moderate malocclusion, or extensive restorations and replacements by bridges or dentures, may be accepted, if such do not interfere with effective use of self-contained underwater breathing apparatus. If student meets this criteria and does not require any dental work (i.e. fillings, etc...), then document on SF 88 type of exam and dental class and if acceptable for dive training in block 18 remarks. **(note: Must indicate Type of Exam (annual, physical, etc...), Class (1, 2, 3), and must read "Acceptable" (class 1 or 2 only) to be considered).**
- (5) **Ears, Nose, and Throat** – The following conditions are disqualifying: acute disease, chronic serous otitis or otitis media, perforation of the tympanic membrane, any nasal or pharyngeal respiratory obstruction, chronic sinusitis if not readily controlled, speech impediments due to organic defects, or inability to equalize pressure due to any cause.

- (6) **Pulmonary** – Congenial and acquired defects, which may restrict pulmonary function, cause air-trapping, or affect the ventilation-perfusion balance shall disqualify for both initial training and continuation. In general, chronic obstructive or restrictive pulmonary disease of any type shall be disqualifying.
- (7) **Hematology** – Any significant anemia or history of hemolytic disease must be evaluated. When due to a variant hemoglobin state, it shall be disqualifying. All applicants for diving duty shall have a sickle cell test in their health record. The minimum requirement for such test is the dithionite solubility test, for which a hemoglobin electrophoresis may be substituted. Sickle trait is disqualifying in applicants.
- (8) **Skin** – Acute or chronic diseases that are exacerbated by the hyperbaric environment are disqualifying.
- (9) **Neurological** – Organic brain disease seizure disorders of any sort, and head injuries with sequelae shall be disqualifying.
- (10) **Musculoskeletal** – Saturation divers shall have triennial long bone roentgenogram surveys with diving medical examinations.
- (11) **Psychiatric** – The special nature of diving duties requires a careful appraisal of the individual's emotional and temperamental fitness. Personality disorders, neuroses, immaturity, instability, asocial traits, and stammering or stuttering shall be disqualifying.
- (12) **Age** – Candidates who have attained their 31st birthday will not be considered for initial diving training. **(note: Waiverable).**
- (13) **Ability to equalize Pressure** – All candidates shall be subjected in a recompression chamber to a pressure of 50 pounds per square inch (22.50 kg) to determine their ability to withstand the effects of pressure. This test should not be performed in the presence of a respiratory infection that may temporarily hinder the ability to equalize or ventilate. **(For Army this test should be attempted prior to attending Diver Phase I Course. However, inability to perform this test due to inadequate facility will not be disqualifying).**

THE FOLLOWING ITEMS ARE OF PARTICULAR IMPORTANCE TO DOCUMENT

CHEST X-RAY (SF88 BLOCK 46)

AUDIOGRAM (SF88 BLOCK 71)

G6PD (SF88 BLOCK 50)

(Continued)

(Continued)

PPD SHOT RESULTS (SF88 BLOCK 73)

TETANUS SHOT DOCUMENTED (SF88 BLOCK 73)

TYPHOID SHOTS DOCUMENTED (SF88 BLOCK 73)

SICKLE CELL (SF88 BLOCK 50)

HIV (SF88 BLOCK 50)

PSEUDOISCHROMATIC PLATE (P.I.P) TEST (SF88 BLOCK 64)

RPR (SF 88 BLOCK 47)

BLOOD PRESSURE / PULSE (SF 88 BLOCK 5 / 58)

LIPID PROFILE (CHOLESTEROL, TRIGLYCERIDES, AND HIGH DENSITY LIPOPROTEINS)
(SF 88 BLOCK 50)

DENTAL EXAMINATION (MUST INDICATE "CLASS 2" AND QUALIFIED) (SF 88 BLOCK 44
AND REMARKS)

EKG (REQUIRED FOR MEMBERS OVER 40 YEARS OLD OR WHO APPEAR TO BE IN
QUESTIONABLE HEALTH) (SF 88 BLOCK 48)

COMPLETE BLOOD COUNT (CBC) WITH DIFFERENTIAL (Results noted on SF 88)

Encl. 7 - MEDICAL SCREENING FORM

NAME/RANK: _____ SSN: _____ DOB: _____
PRESENT COMMAND: _____ BRANCH OF SERVICE: _____ DATE: _____

PHYSICAL SCREENING (to be filled out by candidate):

- | | |
|--|----------|
| 1. HAVE YOU HAD ANY BLOOD PRESSURE OR HEART PROBLEMS? | YES / NO |
| 2. DO YOU HAVE A HISTORY OF PAIN OR PRESSURE IN YOUR CHEST? | YES / NO |
| 3. HISTORY OF PAIN IN NECK, ARMS, OR SHOULDERS WHEN EXERCISING? | YES / NO |
| 4. HAS ANYONE IN YOUR FAMILY HAD HEART PROBLEMS PRIOR TO AGE 50? | YES / NO |
| 5. ARE YOU ACCUSTOMED TO EXERCISE? | YES / NO |
| 6. ARE YOU BREATHLESS AFTER MILD EXERCISE? | YES / NO |
| 7. HAVE YOU EVER HAD HEAT EXHAUSTION OR HEAT STROKE? | YES / NO |
| 8. DO YOU EVER GET FAINT OR DIZZY? | YES / NO |
| 9. DO YOU HAVE BONE, JOINT, OR BACK PROBLEMS? | YES / NO |
| 10. ANY MEDICAL CONDITION THAT MIGHT INTERFERE WITH EXERCISE? | YES / NO |

SIGNATURE OF CANDIDATE: _____ DATE: _____

RECORDS SCREENING (to be filled out by medical department):

G6PD result: _____ Typhoid date: _____
Sickle cell result: _____ Tetanus date: _____
Blood type: _____ Yellow fever date: _____
Date of last SF-88: _____ Last PPD and result: _____
Date of last Pressure test: _____ Last HIV and result: _____
Dental type, class, status and date of exam: _____ CBC w/diff result: _____

The following labs are complete on SF-88: Serology, CBC, and Lipid panel YES / NO
The following studies are complete on SF-88: CXR, ECG, Audiogram, and FALANT/PIR YES / NO

SIGNATURE OF MDR: _____ PRINT: _____ DATE: _____

DMO SCREEN (to be filled out by UMO, HMO, or Qualified Representative)

- | | |
|--|----------|
| 1. SF-88 and 93 are complete and correct for diving duty and within 1 year of application? | YES / NO |
| 2. Every page of member's health record has been reviewed? | YES / NO |
| 3. Any disqualifying condition has a completed, and approved waiver? | YES / NO |
| 4. Any non-disqualifying condition that might affect dive training is thoroughly documented
Per Article 15-75 of the MANMED? | YES / NO |
| 5. Any affirmative response to physical screening questions by candidate above is explained
By yourself on SF-600 in Health Record? (Excluding question 5) | YES / NO |

SIGNATURE OF DMO: _____ STAMP OF DMO: _____ DATE: _____

NOTE: This form should be the first document the medical department at NDSTC sees when candidate's health records are opened. Any questions should be addressed before candidate arrives in Panama City. We can be reached @ (850) 235-5215 commercial or DSN 436-5215.

DEPARTMENT OF THE ARMY

Encl. 11 - WAIVER REQUEST FORMAT

YOUR UNIT AND BATTALION
YOUR DIVISION
YOUR POST, STATE & ZIP CODE

OFFICE CODE

DATE

MEMORANDUM THRU Commander, U.S. Army Liaison Office, Naval Diving & Salvage Training Center, Panama City, FL 32407-7013

Commander, U.S. Army Engineer School, ATTN: ATSE-EP (EEPO) Fort Leonard Wood, MO 65473

FOR Commander, PERSCOM, ATTN: TAPC-EP-F (for Reclassification) or TAPC-EP-R (for Reenlistment), 2461 Eisenhower Ave., Alexandria, VA 22331

SUBJECT: Request for Waiver

1. I, SPC Doe, John M., 123-45-6789, am applying for reclassification / reenlistment into MOS 12D, Engineer Diver.

2. I do not meet the selection criteria as listed in AR 611-75, para. 2-2, which states that candidates must **(INSERT THE APPLICABLE PREREQUISITES EXACTLY AS LISTED BELOW)** for entry into MOS 12D. I currently **(INSERT YOUR INFORMATION CORRESPONDING TO THE PREREQUISITE)**.

- be between the ages of 18 and 31
- be in the rank of PVT to SPC / CPL, with no more than 1 year as a SPC / CPL and in a non-promotable status
- have attained a score of 110 or higher in aptitude area GT (General Technical) or ST (Skilled Technical) Score requirements are subject to change,
- have attained a score of 100 or higher in aptitude area GM (General Mechanical) Score requirements are subject to change.
- have a minimum score of 180 on the APFT, with score of at least 60 in each event
- pass the P.I.P color vision test

3. Request that a waiver be approved for this prerequisite(s).

4. POC for this request is **(list your name and work contact number)**.

Your Name
RANK, USA
Duty Position/MOS

ENGINEER DIVER TRAINING APPLICATION

For use of this form, see AR 611-75; the proponent agency is ODCSPER

DATA REQUIRED BY THE PRIVACY ACT OF 1974

AUTHORITY: 10 USC 3012.
 PRINCIPAL PURPOSE: To compile information needed to evaluate an application for training.
 ROUTINE USES: To evaluate and record applications for training.
 DISCLOSURE: Disclosure of requested data is voluntary; however, if requested data is not furnished, there is no basis for considering the application.

PART I - SUBMISSION OF APPLICATIONS

1. THRU:	TO COMMANDER (Diver Phase I) B Co. 169th Engineer BN Ft. Leonard Wood, Missouri 65473	2. FROM:
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Send completed applications to the above address. Once the physical qualifications are approved, the application packet will be forwarded to:

(ENGINEER OFFICER) Commander, PERSCOM ATTN: TAPC-OPF-E 200 Stoval Street Alexandria, VA 22332-0415	(ENLISTED) Commander, PERSCOM ATTN: TAPC-EPT-F 2461 Eisenhower Avenue Alexandria, VA 22331-0457	(MEDICAL OFFICER) Commander, PERSCOM ATTN: TAPC-OPH-MC 1200 Stoval Street Alexandria, VA 22332-0417	(MEDICAL ENLISTED) Commander, PERSCOM ATTN: TAPC-EPM-H 2461 Eisenhower Avenue Alexandria, VA 22331-0457
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Enlisted soldiers applying for Dive Medical Technician (DMT) are required to complete the same application procedures and initial training as prescribed to become an Engineer Diver. Upon successful completion of training, the DMT's will maintain their primary MOS of 91B20 and will receive the ASI of Q5.

PART II - PERSONAL DATA

3. NAME (Last, First, Middle Initial)	4. SSN	
5. SECURITY CLEARANCE	6. SC, MOS	7. GRADE
8. I HEREBY APPLY FOR ENGINEER DIVER / DIVE MEDICAL TECHNICIAN TRAINING AND DUTY.		
a. Signature of Applicant	b. Date	

PART III - PREREQUISITES

9. APPLICANT PREREQUISITE INFORMATION (REQUIREMENTS)	IS REQUIREMENT MET? (Initial Appropriate Block)		DOCUMENTATION REQUIRED
	YES	NO	
a. Is a volunteer for Engineer Diver or Dive Medical Technician training and has completed DA Form 4187 (Personnel Action) or BEAR Application requesting the same.			DA Forms 2-1, 2A (or ERB), & DA Form 4187 or BEAR Application
b. Is no more than 30 and no less than 18 years of age. Waivers considered.			Waiver Request (if applicable)
c. In the rank of PVT to SPC (with no more than 1 year as a SPC and in a nonpromotable status when reporting for training). Waivers considered for SPC exceeding 1 year in rank. N/A to DMT applicants.			Waiver Request (if applicable)
d. Has, or agrees to acquire, 24 months time remaining in service for assignment in the duty position appropriate to the training being received (enlisted personnel only). See AR 350-100 for service obligation for officers.			DA Form 3340-R and/or DA Form 1695 (if applicable)
e. Is not receiving an Enlistment Bonus (EB) or Selective Reenlistment Bonus (SRB) for the current term of enlistment. If receiving a bonus, a Memorandum of Understanding (MOU) and DA Form 3286-60, 3286-66 or 4789 for current term of enlistment must be provided IAW AR 601-280, Para. 5-15. N/A to DMT applicants.			Memorandum of Understanding (MOU) & DA Form 3286-60, 3286-66 or 4789 (as applicable)

9. (CONT.) APPLICANT PREREQUISITE INFORMATION (REQUIREMENTS)	IS REQUIREMENT MET? (Initial Appropriate Block)		DOCUMENTATION REQUIRED		
	YES	NO			
f. Has attained a standard score of 98 or higher in aptitude area General Mechanical (GM) AND a standard score of 107 or higher in aptitude area General Technical (GT) or a score of 106 in Skilled Technical (ST). Waivers considered.			Enlisted Records Brief (ERB) & Waiver Request(s) (if applicable)		
g. Has undergone a complete medical examination for Marine Diving Duty IAW AR 40-501, Para. 5.11. Complete documentation and supporting lab results must be provided with application.			Diving Physical & 93 (with all lab results) & Medical Waiver Request(s) (if applicable)		
g. Has no convictions of illegal substance abuse.					
i. Understands that he/she must successfully complete Engineer Diver, Phase 1 (Diver Pre-qualification Course) portion of training conducted at Fort Leonard Wood, Missouri prior to attending the Engineer Diver, MOS 12D10 (MOS Producing Course) portion of training conducted at the Naval Diving and Salvage Training Center (NDSTC) in Panama City, Florida. N/A to DMT applicants.					
j. Has successfully completed the Diver Physical Fitness Test (DPFT) as outlined in Part IV (below).					
k. Has a physical profile of 111111 (PULHES) and meets the height and weight standards prescribed in AR 600-9.			DA Form 5500-R or 5501-R (Body Fat Content Worksheet) (if/as applicable)		
l. Has attained a score of 180 (APFT score of 240 is recommended) or higher on most recent Army Physical Fitness Test (APFT), achieving a minimum of 60 points in each event IAW FM 21-20 and AR 611-75, Para. 2-2 a. (12). Waiver considered.			DA Form 705 (APFT Card)		
PART IV - DIVER PHYSICAL FITNESS TEST (DPFT)					
10. An Officer or Senior Noncommissioned Officer of the applicant's unit will administer the Diver Physical Fitness Test (DPFT). The applicant must:					
	RESULTS		REST PERIOD		
a. Swim 500 yards in less than 14 minutes utilizing only the breast and/or side stroke.			10 Minutes Maximum		
b. Perform a minimum of 42 continuous push-ups in 2 minutes or less.			2 Minutes Maximum		
c. Perform a minimum of 50 continuous sit-ups in 2 minutes or less.			2 Minutes Maximum		
d. Perform a minimum of 6 continuous pull-ups in 2 minutes or less.			10 Minutes Maximum		
e. Run 1.5 miles in less than 12 minutes and 45 seconds.			PASS / FAIL		
PART V - CERTIFICATIONS					
11. I certify that this applicant for Engineer Diver or Diver Medical Technician training has successfully completed the Diver Physical Fitness Test (DPFT) in accordance with the standards outlined in Part IV (above).					
a. Signature of Officer or Senior NCO administering DPFT		b. Date DPFT Administered			
12. UNIT COMMANDER'S CERTIFICATION					
a. Applicant DOES / DOES NOT meet the prerequisites listed in Part III.					
b. I DO / DO NOT recommend applicant for Engineer Diver / DMT training and duty.					
c. I have verified the information provided and documentation required by Part III of this application.					
d. Signature of Unit Commander		e. Date			
13. MILPO will ensure the Engineer Diver or DMT application packet includes: Completed DA Form 5030-R (Engineer Diver Training Application), DA Form 4187 (Personnel Action) or BEAR Application, DA Form 2A (ERB), DA Form 2-1 (Personnel Qualification Records, Parts I and II), DA Form 705 (APFT), Standard Forms					

